



# FRESH AS<sup>o</sup>

EVERYDAY GOURMET RECIPE

Old-fashioned  
Ice Blocks

# Old-Fashioned Ice Blocks

## Ingredients

900ml water  
210g caster sugar  
4 tablespoons Fresh As Raspberry Powder  
4 tablespoons Fresh As Mango Powder  
30g packet of Fresh As Mandarin Segments, crushed to a powder in the packet  
1/4 teaspoon lemon juice  
36 small wooden ice block sticks  
3 x 12 cavity ice trays

## Method

Put one third of the water, one third of the sugar and all of the raspberry powder into a small saucepan over moderate heat and stir until the sugar has dissolved.

Remove from the heat, pour into an ice tray, place a stick in each cavity of the ice tray, cool, then freeze hard.

Repeat with one third of the water and sugar and the mango powder.

Finally repeat the process with one third of the water and sugar, the crushed mandarin segments and the lemon juice.  
Serves 6-8.

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[www.fresh-as.com](http://www.fresh-as.com)

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